Affirmations for: Approval Addicts

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No More BS

I am self-confident.
I am fierce.
I never back down.
I have a strong backbone.
I focus on my purpose.
I mute negative noise.
I mute negative opinions.
I mute negative thoughts.
I am in control of my life.
I am assertive.
I am free from seeking validation.
I validate myself!
My opinion about myself matters most.
I don't need approval from anyone.
I don't need affirmation from anyone.
I affirm myself.

Approval Addict

I am free from external validation.
I am free of others' opinions.
I set the tone for my life.
I am in control of my thoughts.
I am in control of my emotional health.
I am in control of my life.
I am secure with myself.
I am inner-directed.
I think for myself.
I do not over-value the feedback of others.
The opinion I have of myself is the most valuable.
I experience mental clarity in all things.
The words of others do not negatively affect me.
I am in control of my destiny.
I am free of negative thinking patterns.
I am kind and gentle to myself.

Self-Awareness

My emotional intelligence is off the charts.
I have high self-awareness.
I am in tune and in rhythm with myself.
I enjoy a healthy relationship with myself.
I am mentally clear.
I understand myself.
I am productive with my thinking patterns.
I am mindful.
I am mentally aware.
I am only ever myself.
I am fearless of who I am.
I am confident.
I am assertive.
I value myself.
I value my opinions, thoughts, and feedback.
I am objective with the opinions of others.

People Pleaser

I focus on pleasing myself.
I focus on my own happiness before others' happiness.
I am determined to be happy with myself.
I do not need to prove anything to anyone.
I accept me for me.
I do not try to force people to like me.
I do not look for approval from others.
I approve of myself.
I experience freedom from others' opinions.
I am excellent at time management.
I maintain healthy boundaries in all relationships.
I am independent.
I avoid being codependent with anyone.
I am pleased with myself.
I congratulate myself.
I celebrate my successes.

Be Assertive

I am self-confident.
I have healthy boundaries.
I speak up for myself.
I do not avoid confrontation.
I stand up for others, including myself.
I am assertive.
I am not a doormat.
I have high self-esteem.
I have a high self-worth.
I am priceless.
I am worthy of respect.
I respect others.
I communicate effectively.
I do not let others take advantage of me.
I am bold, courageous, and fearless.
I am successful.

Self-Love

I'm in love with me.
I am happy with me, myself, and I.
I enjoy being with myself.
I am independent.
I am forgiving of myself.
I am loving towards myself.
I let go of past mistakes.
I learn from past mistakes.
I stay present.
I am mindful, still, peaceful.
My priority is to love myself.
Each day I notice something positive about myself.
Self-love is a priority for me.
I'm not dependent on the love of others.
I care for me before others.
I never forget to love myself first.

Be Your #1 Fan

I am resilient.
I get back up after I fail.
I pat myself on the back.
I tell myself, "great job."
I am my number 1 fan.
I am supportive of myself.
I am loving to myself.
I am patient with myself.
I am committed to self-growth.
I am committed to positive change.
I am enjoying my life journey.
I never give up.
I always get up after being knocked down.
I believe in myself.
I trust myself.
I have an excellent relationship with myself.

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